

# Fall & Winter 2012

## Youth Training Schedule

Runs August 13<sup>th</sup> – December 15<sup>th</sup>



- **Drop Shots** - Ages 5 - 6 Years Old
  - **Tuesdays & Thursdays 3:30 - 4:15 pm**
  - **Saturdays 10:00 - 10:45 am**
  - Focus is on basic physical skills such as sending and receiving, balance, throwing, catching and tracking.
  - Goal: Player has the ability to “rally” ball back and forth with a coach or parent.
  - \$10/clinic
- **Slammers** - Ages 7 - 8 Years Old
  - **Tuesdays & Thursdays 4:30 - 5:30 pm**
  - **Saturdays 11:00 - 12:00 pm**
  - Focus is on physical skills such as sending and receiving, balance, throwing, catching, tracking, agility and more complex coordination.
  - Goal: Player has the ability to “rally” with coach or parent as well as with another player of like ability. Beginning to understand the concepts of serving, rallying and scoring.
  - \$13/clinic
- **Aces** - Ages 9 - 10 Years Old
  - **Tuesdays & Thursdays 5:30 - 6:30 pm**
  - **Saturdays 12:00 - 1:00 pm**
  - Focus is on physical skills such as sending and receiving, balance, throwing, catching, tracking, agility and more complex coordination.
  - Goal: Player has the ability to serve, rally and score.
  - \$13/clinic
- **Challengers** - Beginner 11 & Over
  - **Tuesdays & Thursdays 5:30 - 6:30 pm**
  - **Saturdays 12:00 - 1:00 pm**
  - Focus is on stroke technique and development. Players in this group have limited experience and are looking for the basic skills to get started.
  - Goal: Player develops the ability to serve, rally and score. Players in this group will advance into the Performance group once they have these abilities and also participate in other events such as Junior Team Tennis, Junior Tournaments or Exchange Matches.
  - \$13/clinic

**NEW** and designed for the Palmetto Tennis Center's  
**Performance Training Center Program**

***When you enroll your child you will receive the  
Tuomey Sports Medicine Component providing  
monthly Health and Fitness Instruction for parents***

